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Saskatoon cabbie spends his weekends driving senior citizens around town — with the meter off PAGE 2

Dance like HR is watching

'Tis the season of the office holiday party, and experts say as the booze starts to flow, trouble can too PAGE 7

A statue outside Victoria School on Broadway Avenue is prepared for the coming week, as parts of southern Saskatchewan will be hit by blizzard-like conditions on Monday and Tuesday. Inset: Drivers are seen on Saturday on Highway 16 after a collision involving 25 vehicles and six semi-trailers. Environment Canada says conditions are only going to worsen, as the province is in store for freezing rain and significant snowfall early this week. MORGAN MODJESKI/METRO; INSET: COURTESY RCMP

Province set to weather a winter wallop

Off to see the blizzard. Travellers told to check advisories as cold front set to hit Sask. with freezing rain, heavy snow and high winds

MORGAN MODJESKI
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Residents of southern Saskatchewan could be in for a dangerous commute Monday, as the province will be hit with blizzard-like conditions.

Heavy snow, strong winds and freezing rain are all in the forecast, and Environment Canada — issuing a storm warning on Sunday for a large swath of the region — predicts that the far south of the province will be struck the hardest.

"What we have is a developing winter storm that's forming out over western Alberta (Sunday) morning, and that's going to track southeastward into Montana," said Environment Canada meteorologist Mike McDonald.

"So we're looking for an area of fairly heavy snow to develop starting Monday morning and lasting through Tuesday morning." Five to 10 centimetres of snow were expected to fall on Saskatoon.

"Certainly, with the combination of the falling snow and the strong winds, we could probably see some blizzard conditions develop — especially out over the open country," McDonald said.

RCMP advised the public on Sunday to steer clear of the Trans-Canada anywhere in Saskatchewan east of Swift Current, due to freezing rain that they said had made the route "hazardous" and had stranded several semi-trailer trucks.

Cpl. Cathy Walter of RCMP's Kipling detachment said Mounties received dozens of calls this past weekend as a result of winter weather, including several about a collision involving at least 31 vehicles on Highway 16 near Maymont on Saturday morning. MD Ambulance said 40 patients were treated as a result of the collision, with 13 of them taken to hospitals.

"We certainly suggest people check the Highway Hotline to see what road conditions are like," Walter said. "And if travel is not recommended, to stay off the roads and not take chances."

Following the severe wind and precipitation, Saskatchewan won't get a break. The storm will be followed by an arctic cold front, with daytime highs struggling to hit -20 C for the next few days.

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NEWS 1

Providing a charitable lift

Good Samaritan.
Taxi driver in Saskatoon spends weekends giving free rides to seniors

JACOB MORGAN
jacob.morgan@metronews.ca

Saiful Malook, founder of Adam Assistance Program Saskatoon, is a full-time cab driver who provides free rides to seniors on weekends. JACOB MORGAN/METRO

Growing up surrounded by poverty in Pakistan has instilled a dedication in Saiful Malook to social welfare and humanitarianism.

When he moved to Saskatoon, he brought that commitment with him.

During his spare time from driving a United Blueline taxi, Malook runs Adam Assistance Program Saskatoon (AAPS), a non-profit charity, with his family.

"I am a Saskatonian now, so I wish to do as much as I can in Saskatoon," he said.

On Saturdays and Sundays between 9:30 a.m. and 3:30 p.m., senior citizens can call AAPS to get free rides for running errands and other local travel needs.

Malook hopes to expand his operations and is always looking for volunteers and contributions.

"We wish to work during the weekdays, especially for doctor appointments," Malook said.

One of the primary influences in his life has been Mother Teresa, whom he credits as a motivation.

"I am a Muslim and she is a Catholic woman," he said. "But she inspired my heart."

Throughout the 1980s and '90s, Malook advocated for peace between Muslims and Christians in his home country, and brought bread and blankets to the slums of Islamabad.

With AAPS, he has served hundreds of seniors in Canada.

Walter Hrychuk, an 84-year-old resident of the Palisades retirement home, heard about Malook's program a couple of weeks ago and called for help shopping for groceries.

"It's good for a senior like me who doesn't get around very much," Hrychuk said.

"I use a walker. So in my example, this kind of service is excellent."

Information on AAPS is available online at adamaps.ca.

Charities ask for donations on Giving Tuesday after weekend shopping blitz

Laurie O'Connor, executive director of the Saskatoon Food Bank and Learning Centre, says the organization is hoping for $5,000 through the Giving Tuesday donation drive modelled after the mad-dash shopping of Black Friday and Cyber Monday. MORGAN MODJESKI/METRO

Charitable organizations in Saskatoon are hoping that some Black Friday savings go toward good causes on Giving Tuesday.

Modelled after the Black Friday and Cyber Monday shopping days of the U.S. Thanksgiving weekend, the Tuesday donation drive has organizers confident that Saskatonians will put their support and money into it.

"Because it's our first time being involved with Giving Tuesday, we're really hoping the public will jump on board after their big shop on Black Friday," Laurie O'Connor, Saskatoon Food Bank and Learning Centre's executive director, said on Sunday of the aim to raise $5,000 for operating costs.

"It's just a great way, as you are making some savings in your shopping for Christmas, to perhaps then be able to give back to the community on Giving Tuesday," she added.

"It just gets people thinking about the other side of the Christmas and holiday season."

Like many organizations, United Way branches across Canada are celebrating the event for the first time this year. The United Way of Saskatoon and Area says it hopes the event is well-received.

"We want Canadians to not just think about their holiday spending and the best deals on Black Friday and Cyber Monday, but also to think about kicking off the giving season by thinking about others in need," said Erica England, associate director of marketing and communications with the local United Way chapter.

MORGAN MODJESKI/METRO

Shelter

Emergency winter shelters now up and running

Those in need of shelter from the winter's cold have help in Saskatoon and other centres.

The Salvation Army is taking calls for shelter assistance in Saskatoon at 306-242-6280, providing support appropriate to the situation. As well, during business hours, the provincial Ministry of Social Services is open at 160-2nd Avenue South for information.

Other emergency shelters are working to guide people to the services that are best for them.

In Regina, Mobile Crisis Services is at 306-757-0127 while the ministry is open on weekdays at 2045 Broad St. Emergency shelters are available in many other Saskatchewan communities, as are provincial Social Services centres and local police. METRO

Vaccine option

Flu-shot deadline approaching

Saskatoon-area residents have less than two weeks to get flu shots for the season before influenza vaccine clinics close on Dec. 14.

As of Nov. 27, the Saskatoon Health Region (SHR) had immunized 53,208 people. The SHR says the shots are especially important for seniors and infants.

"We know this year's vaccine is effective in preventing two of the three influenza strains observed so far," Dr. Shovita Padhi, deputy medical health officer, said in a release. METRO

Massive anti-government rally turns violent in Ukraine

Dozens injured in clashes with police. Around 300,000 take to Kyiv streets to demonstrate against president's refusal to sign deal with EU

Protesters clash with police guarding the presidential administration building in downtown Kyiv, Ukraine, Sunday. Around 300,000 demonstrators chased away police to rally in the centre of the city. Police allowed the rally to proceed peacefully, but when a few thousand protesters tried to storm the nearby presidential administration building, riot police drove them back. SERGEI GRITS/THE ASSOCIATED PRESS

A protest by about 300,000 Ukrainians angered by their government's decision to freeze integration with the West turned violent Sunday, when a group of demonstrators besieged the president's office and police drove them back with truncheons, tear gas and flash grenades. Dozens of people were injured.

The mass rally in central Kyiv defied a government ban on protests on Independence Square, in the biggest show of anger over President Viktor Yanukovych's refusal to sign a political and economic agreement with the European Union.

While opposition leaders called for a nationwide strike and prolonged peaceful street protests to demand that the government resign, several thousand people broke away and marched to Yanukovych's nearby office.

A few hundred of them threw rocks and other objects at police and attempted to break through police lines with a front loader. After several hours of clashes, riot police used force to push them back. Dozens of people with what appeared to be head injuries were taken away by ambulance.

Opposition leaders denounced the clashes as a provocation aimed at discrediting the peaceful demonstration and charged that the people who incited the storming of the presidential office were government-hired thugs.

Several opposition leaders walked over to Yanukovych's office to urge protesters to return to Independence Square. Order appeared to have been restored by Sunday night, with rows of riot police standing guard behind metal fences.

THE ASSOCIATED PRESS

Quoted

"Our plan is clear: It's not a demonstration, it's not a reaction. It's a revolution."

Former interior minister Yuriy Lutsenko, who is now an opposition leader

Canada criticized over policy on info obtained via torture

A major alliance that promotes European security has criticized Canada for opening the door to the use of information that may have been extracted through torture.

Newly disclosed briefing notes and correspondence show the Organization for Security and Co-operation in Europe wrote to Canada's representative to the organization to express concerns about the policy.

Canada belongs to the 57-member alliance, which bills itself as the world's largest regional security organization, working for peace, democracy and stability for more than a billion people.

The Canadian government responded to the February 2012 letter with a staunch defence of its information-sharing policy as a principled response to terrorism and other security threats.

The OSCE's concerns came to light through heavily censored records released to The Canadian Press under the Access to Information Act.

Though the organization's letter to Canada's then-ambassador to the OSCE is blacked out, a spokesman for the Vienna-based agency's human rights office spelled out its concerns.

The OSCE quietly expressed its objections to Canada over revelations the government had directed Canada's spy agency to use information that may have been gleaned through torture in cases where public safety is at risk.

Janez Lenarcic, director of OSCE's Office for Democratic Institutions and Human Rights, wrote to the Canadian OSCE delegation to express concerns such a directive "would undermine the implementation of OSCE human dimension commitments and international human rights standards — in particular the absolute prohibition of torture and other forms of ill-treatment," said office spokesman Thomas Rymer.

Canada's then-ambassador to the OSCE, Fredericka Gregory, forwarded the letter to Ottawa, and the matter eventually landed on the desk of Lynda Clairmont, senior assistant deputy minister for national security in the Public Safety Department.

In preparing a response, Public Safety consulted CSIS, the Canada Border Services Agency and Foreign Affairs.

The late May 2012 reply to Lenarcic, signed by Gregory, pointed out that the 2010 directive had been expanded, giving CSIS the go-ahead to provide information to foreign agencies even when there is a "substantial risk" it will lead to torture.

THE CANADIAN PRESS

Secret directive

The government once insisted that CSIS would toss out such information, but secretly issued a directive in December 2010 telling the spy agency to act on it to protect lives or property.

- Amnesty International Canada and the official Opposition publicly urged the Conservatives early last year to impose a total ban, saying there can be no exceptions when it comes to torture.

Death toll expected to rise in Scottish helicopter crash

Scottish Fire and Rescue services look on at a section of a police helicopter being lifted from the scene Sunday following a crash at the Clutha Bar in Glasgow. Emergency workers were sifting through wreckage for survivors of the crash onto the crowded pub that killed at least eight people and injured more than two dozen. The number of fatalities is expected to rise, officials said. SCOTT HEPPELL/THE ASSOCIATED PRESS

Senate scandal

Ex-PMO staffer's emails to be handed to RCMP

The federal government has notified the RCMP about a cache of emails belonging to Benjamin Perrin, former counsel for the Prime Minister's Office and a central figure in the Senate spending scandal.

The Privy Council Office has written to investigators to say it was wrong when it said Perrin's emails were deleted. The office says it will "immediately turn over these email records" and that it has apologized to both the RCMP and the PMO. THE CANADIAN PRESS

Egypt

Morsi supporters clash with police

Police fired tear gas to drive hundreds of supporters of Egypt's ousted Islamist president Mohammed Morsi from Cairo's famed Tahrir Square on Sunday, as a panel tasked with amending a constitution adopted during his time in office convened for a second day. THE ASSOCIATED PRESS

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Data leak to China foiled, say RCMP

National security. Canadian engineer took steps to pass on secret documents, cops say

Swift action

Police were able to act quickly to safeguard the information.

- The investigation involved various policing agencies, the RCMP said.

A Canadian naval engineer is accused of trying to send classified information on Canada's shipbuilding strategy and marine sovereignty to the Chinese government.

Qing Quentin Huang, 53, from Waterdown, Ont., was arrested in nearby Burlington on Saturday, just two days after the RCMP say they became aware of the allegations against him.

The RCMP said they learned on Thursday that Huang was allegedly taking steps to pass on classified information to China relating to Canada's national shipbuilding strategy.

Huang is a Canadian citizen and an employee of Lloyd's Register, a subcontractor to Irving Shipbuilding Inc., the RCMP said Sunday at a news conference to announce the arrest.

"These are documents of a confidential and sensitive nature to the government of Canada that relate to their vessels that support our marine services in relation to sovereignty here in Canada," said RCMP Chief Supt. Jennifer Strachan.

The national shipbuilding strategy includes patrol ships, frigates, naval auxiliary vessels, science research vessels and ice breakers, she said.

Huang is charged under the Security of Information Act with two counts of attempting to communicate classified information to a foreign entity.

THE CANADIAN PRESS

RCMP Chief Superintendent Jennifer Strachan announces the arrest of Qing Quentin Huang for allegedly trying to send sensitive Canadian government information to China. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Cars from a Metro-North passenger train are scattered after the train derailed in the Bronx neighbourhood of New York, Sunday morning. EDWIN VALERO/THE ASSOCIATED PRESS

Four dead after train derails in the Bronx

A Metro-North passenger train derailed on a curved section of track in the Bronx on Sunday morning, killing four people and injuring 63 as one car came to rest just inches from the water, authorities said.

New York Gov. Andrew Cuomo announced the deaths at a news conference at the site of the crash near the Spuyten Duyvil station. He said authorities believe everyone at the site had been accounted for and that investigators from the National Transportation Safety Board were en route.

Eleven people are believed to be in critical condition, authorities said. The train operator was among the dozens injured, Cuomo said.

Metropolitan Transportation Authority spokeswoman Marjorie Anders said the big curve where the derailment occurred is in a slow speed area. The black box should be able to tell how fast the train was travelling, Anders said.

The derailment of the southbound Hudson Line train was reported at about 7:20 a.m., authorities said. Four or five cars on the seven-car train derailed about 90 metres north of the station, the Metropolitan Transportation Authority said in a news release. But none of the cars entered the Hudson or Harlem rivers, which are adjacent, the MTA said.

The train appeared to be going "a lot faster" than usual as it approached the curve coming into the station, passenger Frank Tatulli told WABC-TV.

MTA Chairman Thomas F. Prendergast said speed was one of the factors authorities planned to investigate.

Passenger Joel Zaritsky said he was on his way to New York City for a dental convention.

"I was asleep and I woke up when the car started rolling several times. Then I saw the gravel coming at me, and I heard people screaming. There was smoke everywhere and debris. People were thrown to the other side of the train," he said, holding his bloody right hand.

The crash was reported by the engineer, and it wasn't clear if any other crew members were among the injured, the MTA said.

THE ASSOCIATED PRESS

Halifax. Company denies that worker was harassed

The president of Irving Shipbuilding is denying that workplace harassment played any role in the suicide of long-time shipyard employee Peter MacKenzie in Halifax last week.

"No aspect of our investigation around Mr. MacKenzie involved bullying. None whatsoever." said Kevin McCoy.

Nearly 200 Irving employees in Halifax walked off the job on Thursday when they learned of their co-worker's death following what they described as months of bullying by management.

"He was singled out and harassed," said a shipyard worker who worked with MacKenzie for 25 years but asked not to be named. "We've had enough and it's as simple as that."

McCoy said management received no reports of bullying involving MacKenzie, adding that he recognized emotions ran high on Thursday. GEORDON OMAND/FOR METRO IN HALIFAX

In a hurry?

Seattle ferry heist

Seattle police say a man was arrested Sunday after he allegedly stole a Victoria Clipper ferry boat and headed out into the middle of Seattle's Elliott Bay.

According to police, the man said he took the boat because he wanted to go to West Seattle. They're still trying to determine how he managed to commandeer the ship.

The Victoria Clipper provides ferry service between Seattle and Victoria, B.C.

THE ASSOCIATED PRESS

Giving Tuesday taps into true spirit of the holidays

Suffering from a shopping hangover?
The perfect cure could be giving back via a new philanthropic movement

PHOEBE HO
For Metro in Toronto

Black Friday and Cyber Monday are all about getting, while Giving Tuesday is all about giving something back to your community. GETTY IMAGES FILE

In addition to Black Friday and Cyber Monday, yet another popular U.S. initiative has crossed the border.

After a weekend of door crashers and tempting deals, Canadians will see the launch of its non-commercial counterpart Giving Tuesday, a day devoted to philanthropy and is described by the site as the "Opening day of the giving season."

The U.S. initiative, created by New York's 92nd Street Y and supported by the United Nations Foundation, has already seen immense success, attracting over 2,500 partners to take part in its first year. Now, a group of Canadian organizations are hoping to build on that momentum.

CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday, said the timing of the event was perfect.

"There are different months in Canada focused on different charitable sectors," said Glogovac. "But in terms of consumer awareness, I think it's a good day to kind of add something that says we shop, we get deals, we spend money to get what we want, and we also should remember that we should give back."

Mainly promoted through social media over the summer, the grassroots movement has taken on a life of its own. So far, over 1,000 charities, partners, and organizations have already signed on to participate in its first year.

Social media movement

A day that's good for the community

Giving Tuesday was a no-brainer for Big Brothers Big Sisters of Canada, one of over a thousand charities and organizations that have joined the movement.

For years, BBBSC has helping children find positive role models in the community. Sandra Downey, director of business development and communications from its Toronto branch, said Giving Tuesday was the perfect fit for their organization.

"I see on their website it says: There are two days that are good for the economy, and now we have a day that's good for the community. I love that quote," she said. "It's using social media as a vehicle to help organizations such as ours ask for donations at a time of the year where people tend to want to be giving back."

PHOEBE HO/FOR METRO

HR knows if you've been bad or good at the holiday party

'Tis the season of the office holiday party, a time when the combination of awkward mingling with co-workers plus alcohol creates a social minefield.

But, experts say, one faux pas can easily turn bad behaviour into a legal mess for employers and employees.

When the booze flows freely so can trouble.

Court records are filled with examples of people sexually harassing co-workers and making inappropriate or racist comments at parties. Alcohol is often involved.

Aside from excessive drinking, the most common problem scenario that likely arises from office holiday parties is sexual harassment, says employment lawyer Daniel Iny, though he concedes the two are not mutually exclusive.

Employees are still bound by workplace policies, even at after-hours parties, Iny points out.

"I don't think a holiday party gives an employee carte blanche to do or say things that would never be tolerated in the workplace, nor does it give an employer the same right," says Iny.

Management is gonna find out who was naughty or nice at the holiday shindig. Don't be the drunk Santa at your office party this year. MATT CARDY/GETTY IMAGES FILE

"If it's an employment event ... an employee can be disciplined in my view for conduct that occurs at a holiday party."

Employment lawyer Inna Koldorf says the best bet is to conduct yourself as if you were at work.

"It's not like they're watching their every move, but management is watching their behaviour," Koldorf says. "There have been incidents in the past where employees have done some outrageous things that did not comply with the employers' policies or the workplace policies and they were disciplined." THE CANADIAN PRESS

Be good for goodness's sake

The Human Rights Tribunal of Ontario in 2011 upheld the dismissal of an employee at a plastics company after he got drunk at the company holiday party and harassed his supervisors and made sexually inappropriate comments and physical threats to his fellow employees and their spouses.

Splitting up the North

Canada to file Arctic seafloor claim this week

Some time this week, Canada is expected to make its case to the world to dramatically expand its boundaries by an area equivalent to the size of all three Prairie provinces.

Canada's deadline is Friday to apply to a United Nations commission for exclusive rights to what is likely to be another 1.7 million square kilometres of Arctic seafloor.

THE CANADIAN PRESS

The new reality for fliers

Glass exit pods add another layer of security

Now you have to pass through security to leave the airport.

Unmanned portals have replaced officers at the security exits of two small U.S. airports, adding a few seconds in a bulletproof glass pod to the end of every passenger's trip. The exits prevent people from backtracking into secure areas. THE ASSOCIATED PRESS

Squaring off over Rubik's Cube

New models of Rubik's Cube are being launched in an effort to battle counterfeit models, many of which are made in China. Janos Kovacs, brand manager for Rubik Enterprises, says one of the models has an improved mechanism which can be customized by competitors to make the sides of the cube turn easier, while another of the puzzles invented by Hungarian Erno Rubik has sets of geometrical shapes on the cube faces so it can be solved by blind people. PHOTO: GETTY IMAGES FILE; TEXT: THE ASSOCIATED PRESS

REIGNING AFTER RIDERS WIN

URBAN COMPASS

Paul Sullivan
saskatoon@metronews.ca

It's funny, isn't it, how the Saskatchewan Roughriders, a bunch of jocks from places like North Carolina and North Dakota, can bring together the people of a province in a way that is completely unique in Canada.

The only other team I can think of that has such iconic and unifying magic in this country is the Toronto Maple Leafs. Maybe the Montreal Canadiens.

But there are conflicting loyalties all over Ontario and Quebec. Here in Saskatchewan, the signal is strong and pure.

Everybody loves the Riders. You could even argue that everybody else loves the Riders (with the exception of maybe Hamiltonians). The entire nation is getting off on the triumph of the Jolly Green Giants in their watermelon headgear. Otherwise, the CFL is just a business with franchises, like Subway. The citizens of Saskatchewan and their mad love for their team redeem the league.

You could say the same thing about Saskatchewan itself. Saskatoon and Regina are expected to lead Canada in economic growth this year, outpacing the rest of the country. The former have-not province is becoming the have-it-all province.

Last week's Grey Cup victory is a symbol of that upgrade in status. Nuns prayed for the team. A comet appeared in the sky. All the portents were in alignment. Victory was inevitable.

Don't get me wrong. The weather still sucks, as the recent 31-vehicle pileup on Highway 16 serves to remind us. But that's part of the charm.

You don't get this kind of happy ending without a long period of drought and hardship, and this corner of the world has had its fair share of both. Not as much as the Sahara Desert, say, but enough to toughen its collective soul.

I love the fact that seven out of 10 of the Riders' home games in 2011 were sellouts, even though the team's record was 5-13. That kind of faith and loyalty is its own reward, but it's nice when it pays off in a Grey Cup.

So Darian Durant, the quarterback and fearless leader of this team (from Florence, S.C., but Saskatchewan is a state of mind), said it best: They can't take this away from us. They can deal us eight months of winter and various other atrocities, but the Riders are the reigning Grey Cup champions.

It will be interesting to see what happens next. Will success go to Saskatchewan's collective melon-shrouded head? Will hipsters open artisanal coffee bars? How long before Saskatoon becomes too expensive for ordinary people?

How long before somebody starts calling Saskatchewan "world-class"? Hope that never happens. Look what happened to Toronto.

What happens next?

Will hipsters open artisanal coffee bars? How long before Saskatoon becomes too expensive for ordinary people?

ZOOM

Just chilling out

ROMAN GOLUBENKO/SOLENT NEWS

Mother and baby sea otter relax

A baby sea otter catches a nap on its mother as they float together on a ice-cold lake. The animals can be seen relaxing on their backs near the Kenai Peninsula in the Gulf of Alaska. Photographer Roman Golubenko, from North Bergen, N.J., travelled to Alaska to snap the adorable creatures. METRO

Photog goes far to snap animals

Sea otters live in secluded spots away from human contact, so Golubenko had to hire a small boat and venture into the remote Alaskan glacier fjords to find them.

"The otters probably feel safe from all the humans who can't seem to reach them," observes Golubenko. METRO

Behind the lens

"Pups ride on their mothers for the first six to 15 months. They can float, but cannot swim, which keeps the mom busy."

Roman Golubenko, 48, nature photographer from North Bergen, N.J.

One pair 'looked like a couple'

Taking his photos, Golubenko couldn't help but be touched.

"One of the funniest moments was when I saw two otters who looked like a couple. They were lovingly taking care of each other and they turned to me as if in a family portrait — one of the most tender moments I've seen among the cute creatures." METRO

Clickbait

ANDREW FIFIELD
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It's a familiar lament that Netflix users in the U.S. have a much wider selection than Canadian subscribers enjoy. Luckily, there are a few ways around it, though be advised that these shenanigans technically break the Netflix terms of use.

CONTRIBUTED

Media Hint:

A free plug-in for Chrome and Firefox, Media Hint is a DNS redirect that disguises your previously unworthy Canadian computer as a deserved American machine. Unfortunately, that restricts you to the U.S. service, which means content on the Netflix Canada will be unavailable. Which brings us to...

Unblock-us.com:

A DNS redirect similar to Media Hint, at a cost of five dollars a month. That cost gives you one excellent feature that elevates it above Media Hint, however — the ability to choose which country's Netflix service you feel like planting your flag in that day. Pair it with a website like Moreflix, a search engine that lets you know what movies and shows are available on each country's service, and you gain access to an actual world of content.

Twitter

@metropicks asked: Canada banned marijuana for political reasons, without scientific evidence. A report commissioned by Pierre Elliott Trudeau in 1969 recommended decriminalizing possession. Do you think it should be legalized?

@ArtistMiesje: I agree with @SensibleBC it's time to change these outdated laws for so many reasons

@EdlundEric: if it is legalized the govt can regulate and tax it this taking 1 source of income away from criminal orgs

@jacobisdead: yes

@tpjmccarthy: Yeah, we need more Cheech's and Chong's..Legalize iy..Lol

Follow @metropicks and take part in our daily poll.

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Teen idol turned action star's sudden death shocks Hollywood

Paul Walker. Actor who rose to fame in the 1990s was best known for his Fast and Furious franchise

NED EHRBAR
Metro World News in Hollywood

Paul Walker, 40, is survived by his 15-year-old daughter, Meadow. THE ASSOCIATED PRESS

To the world, Paul Walker was best known for his bright blue eyes and blonde hair. His squeaky-clean all-American good looks made him more than just memorable in his breakout role as Skip Martin in 1998's Pleasantville.

In 1999, he continued to woo the young contingent of filmgoers with roles in classic '90s teen movies like Varsity Blues and She's All That. And over the last decade, his name had become synonymous with the Fast and Furious franchise.

Sadly, the 40-year-old actor's life was cut short on Saturday afternoon in Los Angeles, where he died in a car crash.

At the time, he was attending a fundraiser in the community of Valencia to benefit the victims of Typhoon Haiyan.

"It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page read.

"He was a passenger in a friend's car, in which both lost their lives."

Walker's fame rose with a string of hits in the late 1990s, before he took his place alongside Vin Diesel as the lead in the Fast and Furious franchise in 2001.

The seventh instalment of the franchise had begun shooting in September, with a planned release date of July 2014.

Walker's friend and business partner, Roger Rodas, also died in the crash. Rodas was driving a red Porsche and reports say the car was travelling at high speeds when it hit a tree, slammed into a streetlight and then burst into flames.

Rodas' high end auto shop, Always Evolving, was hosting the charity event.

According to Radar Online, the crash happened so close to the fundraiser that attendees could hear the impact. Tragically, one of the witnesses who rushed to the scene to help was reportedly Rodas' eight-year-old son.

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire … he was trying to save his friend … there was nothing he could do."

Walker's Fast and Furious co-star Diesel on the weekend posted on Instagram: "Brother I will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. Rest in Peace."

Walker is survived by his 15-year-old daughter, Meadow, who had recently moved to Los Angeles to live with him after living with her mother in Hawaii.

Walker's most memorable film roles

The Fast and The Furious (2001): The one that started it all, featuring Walker as an undercover cop who gets caught up in the underground street-racing racket he's investigating.

Fast Five (2011): The street-racing franchise's revitalization has been one of Hollywood's more impressive recent success stories, with the fourth, fifth and sixth films earning acclaim and huge numbers at the box office. The fifth entry, set in Brazil, is the best of the bunch.

She's All That (1999): This "Pygmalion set in high school" romantic comedy is perfect specimen of '90s teen culture. Walker goads Freddie Prinze Jr. into seducing frumpy art student Rachael Leigh Cook and turning her into a prom queen.

Pleasantville (1998): Walker's good looks served him well as an innocent 1950s teen who has his eyes opened by Reese Witherspoon's more liberated modern-day girl.

Into the Blue (2005): A true guilty pleasure. Walker and Jessica Alba star as salvage divers caught up in a fight over a sunken cocaine shipment and spend most of the film in bathing suits.

WITH FILES FROM METRO NEW YORK AND METRO TORONTO

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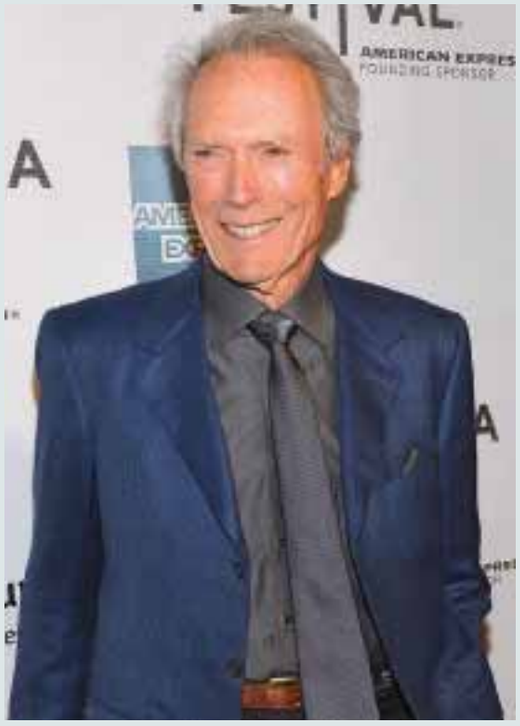
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Clint probably told him to 'get off my lawn'

STARGAZING
Malene Arpe
scene@metronews.ca

Clint Eastwood's daughter is getting an annulment of her Las Vegas marriage to Jonah Hill's brother. She decided she would rather date Ben Stiller's cousin while her groom is more interested in hanging out with Meryl Streep's daughter's friend's aunt.

Fergie says she chose the name Axl for her baby after a dreaming about a festival where Bob Marley, Jim Morrison and Axl Rose were playing. And what is wrong with "Bob" and "Jim?"

Vin Diesel teases that Ang Lee will direct him in the Kojak movie. That explains the working title Who Loves Ya, Scary Tiger?

Jessica Biel tells the Internet to calm down after concern that she wasn't attending the AMAs with husband Justin Timberlake. "Take it easy," she said. "I'm at home in my tattered sweatpants eating 22 donuts while Justin is having fun doing whatever he wants. It's all good."

Kanye West asks us not to buy any Louis Vuitton products to protest that the company wasn't interested in his designs. I'm always up for a good boycott, so I sincerely hope Kanye's next fight is with Walmart and Buddy's House of Dented Cans.

There is more grief over the death of the dog on Family Guy than over Clay's death on Sons of Anarchy and Carter's death on Person of Interest. It's exactly like that time when nobody cared I got punched in the face for inadvertently providing massive spoilers about fictional characters.

Sharon Osbourne.

Osbourne doesn't know the meaning of overshare

Sharon Osbourne freely admits that she's had "a lot" of plastic surgery, as she revealed during an appearance on Graham Norton's talk show recently.

So what was her most painful surgical experience?

"Having my vagina tightened," Osbourne says of the procedure.

"It was just excruciating."

Justin Bieber.

Bieber busts out another tattoo

Justin Bieber has just about run out of room on his left arm, as the 19-year-old pop star sat for yet another tattoo after a show in Sydney, Australia this weekend.

Bieber posted a photo of himself to Instagram looking none too pleased with the tattooing process as an artist went at his upper arm with a tattoo gun.

"Just got off stage to get tatted," he wrote.

Aromatherapy

Lavender makes it better

Moms, I'm pretty sure you've got wipes, diapers, bandages, crayons, snacks, crumbs, mittens, toys, and probably a can opener, a car muffler and a glue gun in that purse of yours.

But you know what else you've got in there? That weird mom-purse smell.

You don't notice it that much except for every single time you are looking for something. You know, like when you're doing the stressful "stir the cauldron" dance to try and find your house keys.

There's a simple, stress free solution that will actually bring you a couple seconds of "aaaaaah" in the middle of, "Mom, where is my juuuuuuuuuuuice?"

Grab a lavender sachet and throw one into your purse.

Lavender is natural and has traditionally been used in aromatherapy to relieve anxiety and promote relaxation. Plus, the calming scent releases when the flowers are crushed — which is exactly what will happen when you are stressfully stirring up the contents of your purse, looking for that elusive car muffler or hockey skate.

That means the more stress you're feeling, the more lavender you'll smell. I know. I'm a genius. **KAT INOKAI, YUMMYMUMMYCLUB.CA**

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Children's Live Theatre. This is going to be just like going to a Weezer concert, right? Find out at metronews.ca/voices. Remember to ask Santa for the bestselling book Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson.

Confessions of a regular mom

Keeping it real.
Ever order pizza on weekends or send you kid to school in pyjamas to avoid a fight? You're not alone

ANNABEL FITZSIMMONS
YummyMummyClub.ca

Last week I sent my son to school in his pyjamas. It was one of those mornings.

"I don't want to go downstairs. I don't want to eat breakfast. I don't want to brush my teeth. I don't want to pack my backpack. I don't want to get dressed."

When he dug his heels in over changing out of his pyjamas, I asked myself, "Does he really need to put on day clothes?" And I decided it wasn't a fight I was willing to fight. So I put a pair of "proper clothes" in his backpack in case he needed them during the day, and off to junior kindergarten he went.

Let's file this under Things I've Learned In Seven Years of Motherhood: pick your battles.

The situation got me thinking about all the things that happen in our households that no one ever really hears about.

Sometimes it's OK to order pizza, not the healthy whole wheat crust type either. ISTOCK

So, in the interest of keeping it real, here are a few things that have been going on in our household lately.

Sometimes, we use bribery.
One Friday night a few weeks ago, we promised our kids a couple of toonies if they had breakfast, played quietly, didn't fight, and didn't come into our bedroom until after 8 a.m. the next morning. For kids who get up at 6 a.m., we thought it might be a pretty tall order for the weekend. But they did it. And the routine has stuck. We paid them that one time and every Saturday they still wait until after 8 a.m. to come into our room.

My house is rarely spotless.
My kids fight. A lot. They fight about who got their vitamins first, who knows how to sing O Canada better in French, who has a nicer teacher. The latest thing is who gets to click in their seat belt first.

My husband and I sometimes push the boundaries, and pay for it.
A couple of weeks ago, we were having a great time at the family bingo night at our kids' school. Until family bingo night turned into total-meltdown-screaming-kicking-tantrum-craziness on the front lawn of the school. Our youngest, not me. Although I almost went there as well.

We order in every Friday night.
We eat healthily most of the time, but on Friday nights we have family movie night and order pizza. And not the whole wheat or spelt crust option either. It's always the same order: pepperoni, mushroom and pineapple. There's nothing I love more at the end of a busy week than knowing I don't have to cook, to prep or to even think about what's for dinner.

The next time you see a happy picture of my family, you'll know it wasn't taken on family bingo night or after a car ride. It may have been taken on a Saturday morning — after I've stayed in bed until 8 a.m. (but before the kids have started fighting) — or on a Friday evening once the pizza's been delivered. And my son might be in his pyjamas.

By the way, that day I sent my son to school in his pajamas? I fully expected him to be wearing his day clothes when I picked him up. But no. He marched right out of his class with his pyjamas still on, smiling the happiest smile ever. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD**

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Salad that's hearty enough to stand up to the cold

ROSE REISMAN
For more, visit rosereisman.com
Follow her on Twitter @rosereisman

This recipe serves six. ROSE REISMAN

Ingredients

- 2 1/2 cups low-sodium vegetable stock
- 3/4 cup dried yellow lentils
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions (whole onion)
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced reduced fat feta cheese
- 6 large grilled shrimp

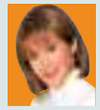
This is a great vegetarian dish without the shrimp since the lentils are a good source of protein. You can also serve it as a side dish to any entree.

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving. Place a grilled shrimp on each serving plate.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Who doesn't love a juicy steak? The cut is what makes all of the difference when it comes to calories and fat though.

Rib Eye Steak (12 oz)

1,049 calories/ 80 g fat
A rib eye steak is marbled with fat but it's oh so good! Too bad it contains an entire day's worth of fat.

Equivalent

One 12-ounce rib eye steak is equal in fat to three Boston Pizza lasagnas.

New York Strip (12 oz)

600 calories/ 16 g fat
The New York strip is lean, just trim the outside fat. It's close to half the calories of the rib eye and an acceptable fat amount that will save your heart!

Tackle entertaining season with Italian Surf and Turf

1. Heat the oven to 400 F. Line a rimmed baking sheet with kitchen parchment.

2. Arrange the shrimp on the prepared baking sheet with all of the shrimp facing the same direction to form a series of C's. Remove the casings from the sausage, place a small mound of the sausage in the centre of each shrimp and press down so that the shrimp and sausage filling make a solid round.

3. In a small bowl, combine 1 tablespoon of the olive oil with half the garlic and all of the oregano. Sprinkle the shrimp lightly with salt and pepper, then brush the oil mixture over the shrimp and sausage. Bake the stuffed shrimp until they are cooked through, about 8 to 10 minutes.

4. Meanwhile, in a blender combine the red peppers, the remaining tablespoon of oil, the remaining garlic, the vinegar, and salt and pepper to taste. Blend until smooth. Transfer to a small saucepan and heat just until hot.

5. To serve, arrange the shrimp on a serving platter, then drizzle each with some of the sauce.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 16 peeled and deveined large raw shrimp (about 8 to 10 oz)
- 6 oz hot or sweet Italian turkey sausage meat (about 2 links)
- 2 tbsp extra-virgin olive oil, divided
- 2 cloves garlic, minced, divided
- 1 tbsp chopped fresh oregano
- Kosher salt and ground black pepper
- 1 cup roasted red peppers, drained and patted dry
- 1 tbsp balsamic vinegar

This recipe makes 16 shrimp. MATTHEW MEAD/ THE ASSOCIATED PRESS

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'Round the world wisdom

Facing adversity? Laughter gives you wings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Laughter has the power to dramatically help in overcoming adversity.

I was only 15 minutes into my Gobi Desert race, and found myself running through a river-crossed canyon. The hostile landscape consisted of loose rocks the size of baseballs. My eyes were fixated on the ground, as every foot plant bore the risk of rolling my ankle. I felt my first blister forming.

Later, we had to cross the river. Unprepared, I tentatively traversed and fell in. I screamed, livid to be in a river while supposedly running in the desert. I looked to see what had happened to the other runners, and sure enough, I saw my reflection. Most seemed upset, angered at having been put through this. It then hit me. "This is what my race is meant to be about. I'm here to learn how to deal with adversity!" I burst out laughing.

Right then and there I made a promise to myself, one that still persists today: laugh out loud at every unpleasant surprise. From there, I encountered hundreds more obstacles: sand, heat, blisters, pain… and that was just the beginning!

We crossed that same river seven more times that morning. Yet from that moment onward I giggled. Every time I laughed, my pace increased. That day, I managed to pass everyone I could see ahead of me, leaping from the back of the pack to ninth place overall! More important, the physical pain of running was trumped by the laughter: it felt easy.

When you appreciate the humour in life and let laughter in, obstacles assume less power and more opportunity. When have you last tried to counter adversity with laughter?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Helping low-income learners aim higher

A guiding hand. Counseling can help students seek out schools they may not have considered

JULIA WEST
Metro World News

A study by the U.S. National Bureau of Economic Research earlier this year found that low-income students who were high academic achievers were not applying to competitive post-secondary schools. The study also revealed — perhaps unsurprisingly — that with the help of intensive counseling, students may be more likely to apply to these schools.

Though the study highlighted this problem, it found that many professionals were already aware of the benefits of hands-on intervention in the education paths of disadvantaged youth. "There has been a great deal of research done over the years that shows that one of the main reasons low-income students tend to attend less selective colleges than they are suited to stems from a lack of information," explains Thyra Briggs, vice president of admission and financial aid at Harvey Mudd College in Claremont, CA.

Essentially, students are unaware of the support, both financial and otherwise, available to them. "College counseling can help students understand that colleges with a high price tag often have greater resources for aid," says Briggs. "In this process, access to information is everything."

Ann Marano is the director of the College Bound Initiative program at the Texas-based Foundation for the Education of Young Women. She knows the value of empowering potential students with greater knowledge about the application process. "Students may not understand the 'language' of it all — how to start a college search, the college application process and that financial assistance is available," Marano says.

Generational gap

Dr. Ann P. Garber, independent counselor and president of Garber Academics:

- "For several reasons, including immigration trends, there is an unprecedented number of first-generation applicants, students whose parents did not attend college. They grow up without hearing about their parents' college experiences. Without that knowledge to back them, and without proper assistance, it's no wonder some very capable students struggle with the application process."

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SPORTS 4

Bumblin', fumblin' Bills fall to Falcons

NFL. Atlanta takes advantage of late turnovers to win in OT; Buffalo drops to 1-5 in home games played at Toronto's Rogers Centre

Safety William Moore helped the Atlanta Falcons snap an ugly five-game losing streak and added to the Buffalo Bills' misery in Toronto.

Moore's forced fumble in overtime set up Matt Bryant's 36-yard field goal that earned Atlanta a wild 34-31 win over Buffalo on Sunday. It came after Moore's key fumble recovery in regulation that allowed the Falcons to run out the clock.

"It's just something I always want to do, run to the ball and be a playmaker," he said. "It's easy for a team that's 2-9 to lay down in overtime but we didn't do that."

Buffalo (4-8) fell to 1-5 during the regular season at Rogers Centre as part of the Bills Toronto Series, which began in 2008 and was renewed in January for another five years. The Bills are 0-4 in December contests here.

Atlanta's possession in overtime started at the Buffalo 47 after Moore stripped the ball from Bills' tight end Scott Chandler and it was recovered by Robert Alford, who lateralled to Desmond Trufant. The Falcons (3-9) drove to the Buffalo 17, setting up Bryant's game-winning boot before a series-low Rogers Centre gathering of 38,969.

Robert McClain of the Falcons strips Bills receiver Stevie Johnson of the ball on Sunday in Toronto. RICK STEWART/GETTY IMAGES

On Sunday

Falcons	Bills
34	31

Atlanta forced overtime with Steven Jackson's one-yard TD run — his second score of the game — with 1:28 remaining in regulation. It came after Buffalo's Nickell Robey was called for pass interference in the end zone.

Buffalo took over at its 24-yard line and was driving when E.J. Manuel hit Stevie Johnson with a completion. But Johnson was stripped of the ball and Moore recovered, allowing Atlanta to run out the clock for the series' first-ever overtime game. THE CANADIAN PRESS

Not at cost of CFL

Little appetite for NFL team in Canada, poll finds

An overwhelming majority of Canadians don't want an NFL team in Canada if it means the demise of the CFL, a survey suggests.

Forty per cent of 1,007 online participants said they didn't want an NFL team in Canada at all while another 41 per cent added they'd welcome an NFL franchise in this country only if it co-existed with the CFL. The survey, released Sunday, was conducted in mid-November by Reginald Bibby, a professor of sociology at the University of Lethbridge, and pollster Angus Reid Global.

"They'd have to co-exist, that's the simple bottom line," Bibby said in a telephone interview. "Compared to 1995, if anything, that viewpoint seems to have solidified.

According to the survey, since '95 Canadians have become more insistent that they'd only want the NFL here if the CFL continued to exist (41 per cent versus 32 per cent). Also, more care about the issue now than 18 years ago (50 per cent compared to 33 per cent). THE CANADIAN PRESS

NHL. Kesler helps Canucks earn victory in Carolina

Ryan Kesler scored two goals to lead the Vancouver Canucks to a 3-2 win over the Carolina Hurricanes on Sunday.

Tom Sestito also scored for the Canucks and Jason Garrison had two assists. Backup goalie Eddie Lack made 29 saves to help Vancouver pick up its third win in its past 11 games.

Kesler's second goal capped a stretch where the teams combined to score three goals in 37 seconds. THE ASSOCIATED PRESS

Ryan Kesler corrals a loose puck on Sunday in Raleigh, N.C. THE ASSOCIATED PRESS

NHL. Cherry says don't mess with what works

Leave Coach's Corner alone.

Don Cherry made that plea on Saturday during his weekly segment on Hockey Night in Canada as he addressed the acquisition of NHL broadcast rights by Rogers Communications Inc. for the first time.

The 79-year-old hockey personality said he hoped the iconic program would remain as it is.

"If you're No. 1, why would you fool around like that," said Cherry. "I know I'm good. I didn't fall off a turnip truck. I know everybody watches so all I'm saying is take it easy, don't try to ruin a good thing, just leave us alone and we'll be just as good next year." THE CANADIAN PRESS

Quoted

"It's going to be great for the players."

Don Cherry on Rogers Communication's 12-year, $5.2-billion deal for NHL broadcast rights.

Sports in pictures

1

2

3

1 Golf. McIlroy gets first win of 2013

Rory McIlroy birdied the 18th hole to beat Adam Scott at the Australian Open on Sunday, winning for the first time in 2013 and denying Scott the Triple Crown of Australian golf. THE ASSOCIATED PRESS

2 Skiing. Vonn delays surgery

Lindsey Vonn is delaying further surgery on her partially torn right knee for as long as possible in hopes of skiing at the Sochi Olympics. THE ASSOCIATED PRESS

3 Skiing. Aksel drops hammer in Lake Louise

Aksel Lund Svindal of Norway won the men's World Cup super-G on Sunday.

It was the third straight super-G win for Svindal in Lake Louise, Alta., after victories in 2012 and 2011. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
There is no such thing as something for nothing and if you do not quite believe that now you will believe it by the end of the day.

♉ Taurus
April 21 - May 21
It may appear as if you are the only one making sacrifices for a relationship but the planets warn you are not seeing the situation clearly. Don't start complaining or you may lose the one person who makes your world a better place.

♊ Gemini
May 22 - June 21
Honesty is the best policy today, especially if you have done something that makes you feel bad about yourself.

♋ Cancer
June 22 - July 23
It may be better to give than to receive but sometimes you wonder why it seems to be you who does all the giving while others do all the receiving.

♌ Leo
July 24 - Aug. 23
What others expect of you is not important – what matters is what you expect of yourself. Others may say you should be doing this or doing that today but you must reject it all and do only what makes you happy.

♍ Virgo
Aug. 24 - Sept. 23
Some things you can see from a long way away but others things you don't see until you are right up in front of them. You're not the only one to see something so important so late in the day, so don't make a big deal of it.

♎ Libra
Sept. 24 - Oct. 23
The more you search for a solution to a problem of some kind the more it seems to elude you. Maybe you are trying too hard.

♏ Scorpio
Oct. 24 - Nov. 22
You may have to hurt someone's feelings today by saying something you know they don't want to hear but if you don't they will keep making the same mistake over and over again.

♐ Sagittarius
Nov. 23 - Dec. 21
If you ask for something today you will most likely get it. But will it be good for you? The planets warn it might be smart to stick with what you already have and try to make the best of it. More is not necessarily better.

♑ Capricorn
Dec. 22 - Jan. 20
Generally you take people as you find them and don't care where they are coming from or where they are going to.

♒ Aquarius
Jan. 21 - Feb. 19
Just because something is new-fangled or fashionable does not mean it is good. Keep that thought in mind and if you are confronted with a choice between something old and dull and something new and exciting, go for the old and dull.

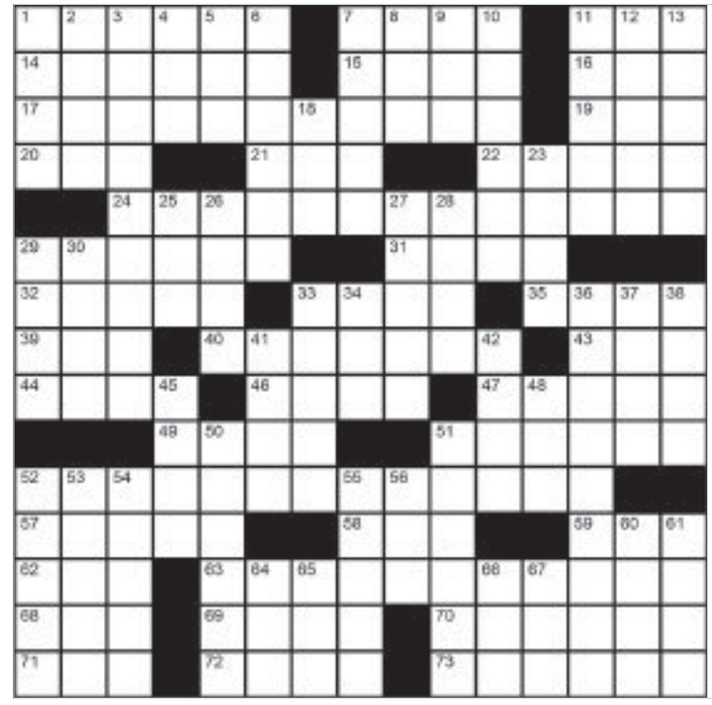
♓ Pisces
Feb. 20 - March 20
You may have strong opinions about something and you have every right to express them but you need to accept that not everyone agrees with you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

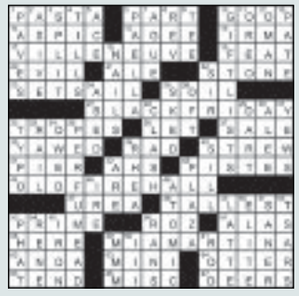
BY KELLY ANN BUCHANAN



Across
1. HS class: 2 wds.
7. Tim Hortons CEO Mr. Caira
11. Bitter __
14. In a forthright way
15. Puccini aria: "_ __ Babbino Caro"
16. Male sheep, in Brit.
17. Auction House in Toronto since 1850
19. Caesar's 61
20. Caesar's 551
21. 'Social' suffix
22. 2003 to 2007 series, "__ _ _"
24. Auction attendees, often: 2 wds.
29. Big leagues in baseball
31. Much: 2 wds.
32. Prefix to 'clast' (Image breaker)
33. Sony co-founder, __ Morita
35. Remain unsettled
39. Tarzan creator's monogram
40. Waterloo, ON: __ Laurier University
43. Agnus __ (Mass prayer)
44. Wall St. landmark, commonly
46. Breath mints, tic __
47. Canadian actress Kelly
49. Sonny & __
51. Wine-tasting need
52. Lady Gaga to her fans: 2 wds.
57. 1996 film for Madonna
58. Grind __ _ halt
59. The: German
62. Winnipeg-born actor Mr. Cariou
63. Saskatchewan __ Building, in Regina
68. Energy unit
69. Scottish hats
70. Don't target correctly
71. Aliens, commonly
72. "Quiet..."
73. __ Creek, Ontario

Down
1. "__ you do that?"
2. Ring stone
3. 'Journalist' and 'TV Host', for example: 2 wds.
4. Halt
5. Yalie
6. Fault-finders
7. Traveller's lodging
8. 'I love', in Latin
9. __ Tin Tin
10. Membership store
11. National Chief of the Assembly of First Nations, Shawn __
12. Egyptian city
13. Sagas
18. Ronny & The Daytonas hit
23. Web address starter
25. Director Mr. Howard
26. Think, archaically
27. Animal dens
28. Time Machine people
29. Demeanor
30. "_ __ in the Dark" (1988)
33. __ clock
34. Fast food chain, commonly
36. __ Era (English history period of 1901 to 1910)
37. Shipshape
38. Have supper
41. Roman road
42. "Shoot!"
45. Genuine
48. Grand __ Opry
50. Well-being department, __ Canada
51. Sacred songs
52. Battle royal
53. Blatant
54. Dainty bell sounds
55. Range in Quebec, __ Mountains
56. Headshakes
60. Songstress Ms. Sands
61. Saint-__ (Place in France where Vincent van Gogh painted)
64. Parisian water
65. Baseball execs
66. River island
67. Classy music gr. in Ontario

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4				8			
7			2	9		6	5	
5		9					4	
	5	1		2				
			1		3			
				7		1	3	
	9					4		2
	2	8		4	5			1
			8				6	

Friday's Sudoku

7	4	9	3	8	1	2	5	6
6	8	3	5	2	4	9	1	7
2	1	5	6	9	7	4	8	3
9	2	4	1	6	3	8	7	9
3	6	1	9	7	8	5	4	2
8	9	7	2	4	5	6	3	1
4	5	6	7	1	2	3	9	8
1	3	2	8	5	9	7	6	4
9	7	8	4	3	6	1	2	5

metro
News worth sharing.

flurries
Flurries Sheepskin is looking for 4 full-time Sales Reps to sell shoes and apparel in Market Mall, 2325 Preston Ave, Saskatoon, Sk.
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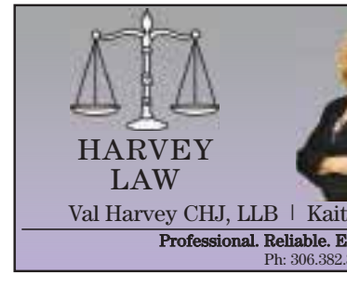
Email resume to flurriessk@gmail.com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